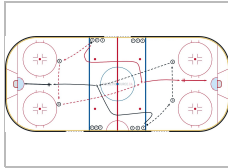


PRACTICE PLAN

HOCKEYRESOURCE.CA

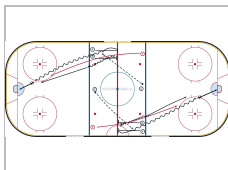
Notes: Battles and Odd Man Rushes



1. D to D Stretch Pass

On-Ice Drills · Beginner+ · U11+ · Passing, Shooting, Warmup

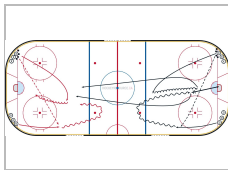
Opposite Corners go at same time. 1) Forwards passes puck to D-man and circles under the line and up ice. 2) D partners go D to D. 3) Forward cuts into middle and receives stretch pass from D-man and goes in for a shot. D must be moving, can not be stationary. Pass must be hard.



2. Transition 1 on 1 - Back Pressure

On-Ice Drills · Intermediate+ · U11+ · 1 on 1

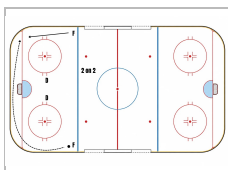
1) Forward and defender start on blue-line and skate to centre-line. They stop, and transition back the other way. The coach passes the forward a puck and he goes in for a 1 on 1. 2) As soon as the forward gets the puck, the forward on the opposite blue-line back checks hard. After shooting, the forward goes to the near back checker spot. After back checking, back in line.



3. Continuous 2 on 2

On-Ice Drills · Intermediate+ · U13+ · 2 on 2, Backcheck

1)[Black] On whistle, Player from one corner skates out and receives pass from the other corner. The passing player gaps up and the player with the puck goes around the dot for the 1 on 1. 2)[Red] Next whistle the same thing happens on the other end. The player on the other end who was defending rushes up ice to play offence and the player who shot rushes back to play defence. 3) Next whistle, the same thing happens on the other end. The player on the other end who received pass rushes back for defence and the player who passed rushes up to play offence. Continuous



4. 2 on 2 Puck Rim

On-Ice Drills · Beginner · U11+ · 2 on 2, Battle

2 D line up inside zone. forwards at ends of blueline. 1) Forward rims puck around end boards 2) other forward skates in and pick it up. 3) 2 on 2